

HeraldPOST

Serving the communities in U.S. Army Garrison Heidelberg

HEIDELBERG

Command structure to change

By Art McQueen
HERALD POST STAFF

Heidelberg soon will be home to two U.S. Army garrisons – USAG Heidelberg and USAG Baden-Württemberg.

In a March 27 re-designation and activation ceremony, USAG Heidelberg will become an indirect report garrison – along with Kaiserslautern, Mannheim and Darmstadt – and will fall under the direct report garrison, which is to be re-designated USAG Baden-Württemberg.

"We have a lot of things happening in terms of transformation," said Col. Robert J. Ulses, who will continue his current command function and oversee all four indirect reporting communities as the USAG Baden-Württemberg commander.

Once the greater garrison is re-designated as USAG Baden-Württemberg, the new USAG Heidelberg will be activated as an indirect garrison to provide support and services solely for the Heidelberg community.

Lt. Col. Robert White will assume command of USAG Heidelberg and take on many of the duties previously performed by the direct report garrison through the base operations manager, Lt. see **USAG BW** page 14

Building relationships



Capt. Matthew Norris

Soldiers from the 2nd platoon, 164th Military Police Company of the Mannheim-based 18th MP Brigade build protective barriers around the Balad Shrine Mosque to increase its security.

MPs improve security around mosque

By Sgt. Daniel Blottenberger
18TH MILITARY POLICE BRIGADE PUBLIC AFFAIRS

BAGHDAD, Iraq – At the request of the imam of the Balad Shrine Mosque, Soldiers from the Mannheim-based 18th Military Police Brigade and Multi National Division-North visited the mosque Feb. 24 to increase its protection and prevent future attacks on the site.

The Soldiers were the first coalition forces to be granted permission to visit the mosque. They have worked with the imam and other local religious leaders for

eight months and are frequently asked to provide security during events near the shrine, said Capt. Matthew Norris, 164th MP Company commander.

Soldiers, Iraqi police and national police in Balad have placed approximately 160 protective barriers around the mosque.

"The Soldiers received many favorable comments from the Iraqi police and local populace who continue to see the Coalition forces working with the Iraqi security forces to improve security in Balad," said Sgt. 1st Class Stephen Wogomon, 2nd Platoon sergeant, 164th MP Company.

New leaders take over 5th Signal, 21st TSC

By Kristopher Joseph
5TH SIGNAL COMMAND PUBLIC AFFAIRS

The 5th Signal Command welcomed new commander Brig. Gen. Jeffrey G. Smith Jr. during a ceremony on Woods Field at Sullivan Barracks in Mannheim Feb. 27.

After eight months as the

5th Signal leader, Brig. Gen. Susan S. Lawrence relinquished command of the unit to Smith, who recently served as deputy commanding general of Network Enterprise Technology Command and 9th Signal Command at Fort Huachuca, Ariz.

see **5th SIGNAL** page 14

By Spc. Stephen Decatur
21ST TSC PUBLIC AFFAIRS

Maj. Gen. Yves J. Fontaine assumed command of the 21st Theater Sustainment Command from Brig. Gen. Scott G. West Feb. 26 in a change-of-command ceremony near Daenner Kaserne

in Kaiserslautern.

Fontaine, who last served as the G4 (logistics) for U.S. Army Europe and 7th Army in Heidelberg, takes command after a 32-year career.

Fontaine told the 21st TSC's Soldiers to expect the unit's operating tempo to see **21st TSC** page 14

HP THURSDAY
March 6, 2008

Speed Read

PHOTO GALLERY

Visit the Herald Post's new online photo gallery to see photos from recent community events. Link to the Herald Post from www.heidelberg.army.mil.



A DAY OF PRAYER

Heidelberg hosted its annual National Prayer Breakfast last week. To the surprise of many, the life lesson came from a story about slithering reptiles. **3**

P2P: HELPING FAMILIES



The Heidelberg-Mannheim Parent to Parent program hosts regular workshops to help parents through each stage of their children's lives, from birth on. **4**

PREPARING FOR CLOSURE

Darmstadt residents gathered last week to find out about gate closures and the reduction of commissary hours and, for those moving to Wiesbaden in the near future, meet their new commander and his staff. **6**

Defense Details

MEDAL OF HONOR

President Bush posthumously awarded the Medal of Honor to Master Sgt. Woodrow Wilson Keeble Monday. Keeble is the first full-blooded Sioux to receive the military's highest award for valor.

ARMY TO MUSTER 10,000

The Human Resources Command will conduct a muster of about 10,000 Individual Ready Reserve Soldiers starting this month. The readiness muster is typically conducted for Soldiers assigned to the IRR for more than 12 months.

CONTRACTING COMMAND

The Army announced Friday that it has begun steps to establish an Army Contracting Command and an Army Contracting Campaign Plan.

Army News: www.army.mil
Defense news: www.defenselink.mil

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COMMENTARY

Commissary makes it easy to be green

By Amy Buenning Sturm

USAG DARMSTADT PUBLIC AFFAIRS

The year my husband was deployed, I did my commissary shopping at Fort Myer, Va. Every week or so I would drive my little car from its parking space (the only time it moved all week) and we'd make the pilgrimage from my D.C. apartment, past the Washington monument, around the pond surrounding the Jefferson memorial, past the Pentagon to the Fort Myer gate.

It was my ritual. I parked near the same space at the commissary parking lot, checked out in almost the same aisle every time, and even often had the same friendly gentleman help me with my bags to the car.

The commissary had its own role in this little tradition. Every week, without fail, I would be greeted pleasantly and asked "paper or plastic" and the image of my petite frame lugging groceries from my parking space down the stairs, then up the stairs, and then down the stairs into my oddly positioned apartment like a confused gerbil would pop into my brain, and I'd immediately reply, "plastic please, it has handles."

Usually this prompted a conversation with the checkout clerk about how much better it would be if the commissary offered paper bags with handles.

It wasn't that I was unwilling to be environmentally friendly, it was simply that during that year of my life, I sometimes needed things to be a little easier.

A year and a half later, my husband I still used plastic bags, this time because we lived on the top floor of our building and plastic was simply more durable. Clinging to the paper alternative, without handles, meant risking flying eggs and milk down 56 or so stairs. Of course, we religiously recycled the bags using the German recycling system.

To our surprise and astonishment, however, a few weeks ago, we walked into the Darmstadt commissary and there, hanging near the checkout line were the new environmentally friendly green cloth bags, with handles. I literally jumped up and down with joy – and promptly bought 10. The bags are now clearly labeled with our last name (courtesy of my spouse) and will be reused for countless new commissary rituals to come.

As an Army spouse, it was one of the small ways our commissary and local support facilities help make life easier, not only in the short term, but by also helping to keep our planet healthy for our children and our nation.

I'd like to think that somewhere in the Army, there is another spouse performing her weekly commissary ritual whose life is a little easier and a little greener. The icing on the cake for me,



Defense Commissary Agency

Reusable bags now are being sold at commissaries worldwide as part of the Defense Commissary Agency's "Go Green" initiative. The green bags cost 70 cents each, are made of sturdy mesh and are strong enough to hold up to 30 pounds of groceries.

personally, was that even in Darmstadt, where the military community is preparing to depart, new ideas and products are still available that make that little difference in everyday life.

My husband says that's because I am easy to please, but I think the truth of the matter is I was excited about something much larger.

In the midst of Army transformation, continued deployments, and new situations affecting Army Families daily, that little bit of green was a sign that sometimes change can be a very good thing.

COMMENTARY

Registered dietitians are here to help you get healthy

by Belinda Steinacker

REGISTERED DIETITIAN

You know who your doctor is, but who is your registered dietitian?

"In the same way you have a physician whom you see regularly to manage your medical needs, everyone should also see and RD routinely for help in managing your nutritional needs," says registered dietitian and American Dietetic Association spokesperson Joan Salge Blake.

National Nutrition Month is a nutrition and information campaign created by the American Dietetic Association. It is the perfect time each year to highlight the importance of good nutrition.

This year's theme is "Nutrition: It's a Matter of Fact." The campaign is designed to focus attention on the

importance of making informed food choices and developing sound eating and physical activity habits.

This year March 10 will be the first-ever Registered Dietitian Day. Registered dietitians are the nation's food and nutrition experts committed to improving the health of their patients and community.

They are the nutrition experts who can translate the science of nutrition into practical solutions for healthy living.

Registered dietitians have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities, completed an internship and passed an examination.

The registered dietitians at Heidelberg Hospital encourage annual visits for a "nutrition checkup" to obtain

dietary advice and guidance based on changing health needs.

With an annual visit, there is a chance to address nutrition and health problems as they occur and possibly prevent problems that are potentially looming down the road.

If you have diabetes, cardiovascular problems or high blood pressure, a registered dietitian serves as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.

If you are pregnant or trying to get pregnant, a registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.

If you need guidance and confi-

dence for breastfeeding your baby, a dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.

If you are thinking of having or have had gastric bypass surgery, a registered dietitian can help you learn to eat again.

If you want to gain or lose weight, if you care for an aging parent, if your teenager has issues with food or eating healthfully or if you want to eat smarter, a registered dietitian can give you up to date information and help you to set goals and achieve results.

The registered dietitians at Heidelberg Hospital are looking forward to assisting you. To make an appointment, call DSN 371-2622. You do not need a referral from your primary care provider.



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Heidelberg hosts National Prayer Breakfast

By Kelli Bland
HERALD POST EDITOR

The topic of discussion at this year's National Prayer Breakfast in Heidelberg was snakes. Yes, snakes.

Guest speaker Chaplain (Col.) Charles R. Bailey, shared a personal story—featuring water moccasins—to encourage the more than 260 community members gathered at the Village Pavilion Feb. 28 to never give up.

Bailey, the new U.S. Army Europe command chaplain, learned a very important lesson about resolve at a young age, he said.

When he was in elementary school in south Texas, a hurricane swirled toward his town. Many families evacuated, but his was one of the few that chose to stay.

The Baileys boarded the windows, placed a wall of sand bags around the perimeter of their home, and filled the bathtub with water so they would have something to drink if the water lines were damaged in the storm.

After several hours of huddling inside the shaking house, listening to the hurricane's rage, it was suddenly "still as a cemetery," Bailey said. The eye of the storm was passing overhead.

Bailey's father took him outside so he could see the circle of blue sky above surrounded by a wall of blackness. His father went back inside the house, but Bailey didn't follow. He said he "saw a chance to discover America," and quickly grabbed his bike to set off into world.

As he was riding along the paths



Kelli Bland

Installation Management Command-Europe Chaplain (Col.) James May, plays "The Battle Hymn of the Republic" with the U.S. Army Europe Band Brass Quintet while Ed Matthiesen leads the Heidelberg Community Chapel Chorus in song during the National Prayer Breakfast Feb. 28 at the Village Pavilion. See more photos from the event on the Herald Post's new photo gallery, linked to www.heidelberg.army.mil.

surrounded by massive amounts of water, he approached a group of water moccasins crossing the path to get from one flooded area to the next. He sped up and rode his bike right over them. He soon discovered that one of the snakes was caught in the spokes of his wheel—and it was still alive.

"I had a choice to make," he said. Should he stop to get the snake out and risk it striking him or keep pedaling?

He chose to pedal hard toward home; the snake eventually flew out from the spokes and hurried away to safety.

"How often in our lives have we encountered snakes in our spokes?" Bailey asked the crowd. He encouraged everyone to "keep pedaling" instead of giving up when they encounter problems in their lives, whether it be at home or at work because, he said, God will give them the resources to keep going.

"The image of the surrounding storm as a symbol of danger and harm with the snake inches away... seems to illustrate the world situation of violence and the culture of death that we fight as an enemy," said Chaplain (Lt. Col.) David Druckenmiller, U.S. Army Garrison Heidelberg Chaplain who, along with the Unit Ministry Team staff, coordinated the breakfast. "The anxious resolve of pedaling hard, even

with danger all around, with God's strength, will defeat the danger that threatens us."

The prayer breakfast brought together people from many faiths "to share from our uniqueness of faith in an expression of national unity," Druckenmiller said.

Prayers and readings were shared by a Baptist preacher, a Jewish rabbi and a Catholic priest as well as Bailey, who is a Methodist minister.

"Diversity is our strength as a people in many ways," Druckenmiller said. "The freedom of religion and the opportunity to share from our diverse backgrounds and still be a united people is a strength we cherish."

Celebrating heritage



Amy Buenning Sturm

Sgt. 1st Class Marcella Johnson performs a praise dance with her daughter, Amber Johnson, at the Darmstadt observance of African American History Month Feb. 28, while guest speaker Maj. Gen. Select Anthony Jackson, U.S. Africa Command director of operations and logistics, and Lt. Col. David Astin, U.S. Army Garrison Darmstadt commander, watch the performance.

USPS offers discount for U.S. to APO mailing

Postal officials want Soldiers, family members and civilian employees who receive packages from friends and family in the states to know they can save some money and support the troops while staying in touch.

The U.S. Postal Service now is offering a new flat-rate shipping box that costs \$10.95 when shipped to an APO or FPO address.

USPS officials said the new parcel, which sports the "America Supports You" logo, costs \$2 less to mail than the same sized package mailed to a U.S. address.

The discount is applied when the Priority Mail Large Flat-Rate Boxes are shipped to an APO/FPO destination.

The unbranded two existing flat-rate boxes which currently retail for \$8.95 for U.S. addresses are not available for the military discount. All flat-rate boxes can be used for international shipping, however.

"This is the first time the Postal Service has offered a special price for our armed forces serving overseas," said Postmaster General John Potter.

"We're proud that family and friends will be able to use this new larger-sized box to send much-appreciated packages from home to our dedicated troops overseas."

White Plume awards go to IMCOM-Europe managers

IMCOM-Europe Public Affairs

Two members of Installation Management Command-Europe have been honored for continually improving the quality of life for Soldiers and families through their extensive experience and knowledge in the morale, welfare and recreation arena.

Dan Gasparino and Mary Schweitzer each received a White Plume Award from Russell Hall, director of IMCOM-Europe, who jokingly said: "We don't give these things out just when you retire."

The White Plume Award is the highest award in the field of MWR. It was established in June 1982 by The Adjutant General of the Army, with only about 300 of the medals having been presented Army-wide since then.

Hall, along with Arnie Cole, chief of Family, Morale, Welfare and Recreation Division for IMCOM-

Europe, said the two honorees' efforts directly impact Soldiers at the grass-roots level.

For instance, Gasparino procured state-of-the-art recreation equipment for garrison gyms, along with also being responsible for a series of world-class concerts and celebrity appearances at installations throughout Europe.

Behind the scenes, he aligned the transition of staffing for garrisons and undertook a complete review of MWR facilities. Plus he managed to limit closure costs of garrisons, which enabled facilities located there to serve customers longer.

Saving money and streamlining services has also been a forte of Schweitzer, as she guided the transformation on the U.S. Army in Europe MWR One Fund into the IMCOM-Europe Single and Oversight Funds. Additionally, she developed a reinvestment process to optimize the use of funds.

Indeed, Schweitzer is known for working on projects close to a Soldier's heart. Cole called her the "money side of the house" that helped in making events such as welcome home celebrations possible.

Keeping the whole family in mind, she even executed a plan to improve financial support for pet veterinary services.

Gasparino, chief of recreation IMCOM-Europe MWR, has focused his 30-year career on sports, recreation, business, analysis and base operations. He started with MWR in 1978 working in Berchtesgaden at the Armed Forces Recreation Center.

Schweitzer, chief of the Financial Management Group for IMCOM-Europe MWR, started her morale, welfare and recreation career in 1986, focusing on accounting, budget, funds control and management analysis.

time to file TAXES

Who's eligible?

Military members serving on active duty and their family members, DoD civilians and military retirees are able to use the local tax centers free of charge. A representative can e-file your tax return directly with the IRS with software from the IRS, and get your refund posted to your account within 10 work days.

What do I bring?

- ◆ W-2s
- ◆ Social Security cards
- ◆ Copy of last year's tax return
- ◆ Power of attorney if spouse will not be present to sign tax return bank routing and account information ID cards

Where do I go?

Darmstadt

Location: First floor, Bldg. 4006, Cambrai-Fritsch Kaserne
Appointments: Monday-Friday, 9 a.m.-5 p.m.
Walk-ins: Monday, Wednesday and Friday, 9 a.m.-11:15 a.m. and 1-4 p.m.
Contact: DSN 348-7145, civ. 06151-69-7145

Heidelberg

Location: Shopping Center, across from Popeye's Chicken
Appointments: Monday-Friday, 8:30 a.m.-4:30 p.m. starting Feb. 6
Walk-ins: Thursday mornings
Contact: DSN 370-7510, civ. 06221-57-7510

Mannheim

Location: Bldg. 343, Taylor Barracks, across from the Auto Care Center
Walk-ins: Monday-Friday, 9 a.m.-4:30 p.m.
Appointments: Call
Contact: DSN 381-7978, civ. 0621-730-7978

Kaiserslautern

Location: Room 101, Bldg. 2310, Kleber Kaserne, inside the Legal Services Center
Appointments and Walk-ins: Monday-Friday, 9 a.m.-5 p.m.
Contact: DSN 483-7688, civ. 0631-411-7688

Landstuhl

Location: Bldg. 3701 on the ground floor
Appointments and walk-ins: Monday-Friday, 9 a.m.-noon and 1-5 p.m.
Contact: DSN 486-6334, civ. 06371-86-6334

Parent to Parent

Workshops help local families with various stages of parenting

By Kris Wheeler

HEIDELBERG-MANNHEIM P2P TEAM

The Heidelberg-Mannheim Parent to Parent, or P2P, three-member team uses workshops to help parents throughout the communities learn about what their children need as they grow.

Whether school advisory committee meetings, family child care provider meetings, parent-child playgroups or baby showers, the P2P cadre – Kris Wheeler, Deanna Anest and Cherie Shivers – is out and about.

The workshops cover popular standards such as the frequently-requested Growing, Learning and Understanding series; new topics like European Education Outside the Classroom; and even specially-tailored titles such as "Staying Connected While Deployed for Special Needs Children."

Since September, the P2P team has conducted a minimum of nine sessions each month, with attendance averaging 10-21 people per workshop. At times total monthly numbers have been as high as 200 participants.

The team has developed strong partnerships with various parent organizations such as Special Parents for Exceptional Kids, family readiness groups and American Women's Activities Germany as well as with the school liaison officers and all schools in these two military communities.

"Each week I meet with many people and groups," said Jenny Lavai-



Parent to Parent

Parents and their children listen to the story, "A Snowy Day," read by one of the Military Child Education Coalition Parent to Parent cadre members.

Baird, school liaison officer. "Advocating the P2P workshops is an important part of helping our parents with educational transition."

Conducting GLU workshops for both Heidelberg and Mannheim parent playgroups as well as incorporating them into the library story hours has also become part of the established schedule.

Parents look forward to enjoying these special opportunities to learn and talk about ideas to integrate early literacy into their child's everyday life.

Shivers' strong background and experience in early childhood education engages both parents and small children as books such as "A Snowy Day" are shared with groups.

"It's a great sign of success to see parents in our sessions talking about ideas on early literacy ... and then asking for more," Anest said.

The team also to play a key role in "The Real World... what are you doing?" partnership program con-

ducted monthly in Heidelberg. The Real World helps students and their families with planning for life after high school.

"We know that a good number of parents and students attend Real World because of the informative, high-quality workshops the P2P team conducts," said Real World Director Juanita Harvin.

This concept has now inspired the Mannheim community to follow suit, and the first "Life After High School" is being planned to take place in October.

A primary ingredient already revolves around concepts for workshops focused on how parents can best help their students with their lives after high school.

"Adding the Parent to Parent workshops to our school advisory council meetings has been a key element in meeting one of our primary goals of involving more parents with our school," said Sharon O'Donnell, principal of Mannheim High School.

transforming DARMSTADT

AS DARMSTADT PREPARES TO CLOSE, THE HERALD POST WILL KEEP YOU UPDATED OF CHANGING HOURS AND ACTIVITIES

Gate Operations

Darmstadt's entrance and exit gates have changed operations. The North Gate of Cambrai-Fritsch Kaserne is now closed for exiting vehicle traffic and all pedestrian traffic. The only access point to Cambrai-Fritsch Kaserne for pedestrian and vehicle traffic will be the South Gate off of Cooperstrasse. The Lincoln Village exit-only gate onto Heidelbergerstrasse is now open to traffic and pedestrians 24/7 as an entrance and exit gate. The gate onto Noackstrasse is now open 7:30 a.m.-3:30 p.m., Monday-Friday, as an exit-only gate to allow residents an alternative to depart from the housing area during peak traffic times. At Kelley Barracks, there are no changes to the gate operations.

Commissary Hours

The Darmstadt Commissary will reduce operational hours April 1. The new hours will be: Sunday, 11 a.m.-6 p.m.; Monday, closed; Tuesday, closed; Wednesday, 10 a.m.-6 p.m.; Thursday, 10 a.m.-7 p.m.; Friday, 10 a.m.-6 p.m.; and Saturday, 10 a.m.-6 p.m.

Library

The last day to check out books at the Darmstadt Library will be April 1. May 1 will be the last day for DVD check-out, to allow the library time to prepare for closure on May 31. DSN 348-1740.

Storage Containers

If you have an MWR rented storage container at Griesheim, contact Outdoor Recreation immediately. DSN 348-1550.

USO Pick-Up Point Move

The pick-up point for USO tours is now at the Escape Club parking lot near the Cambrai-Fritsch Kaserne South Gate.

ACS Changes

Army Community Services has adjusted its course offerings. Customers seeking information on relocation assistance, foreign-born spouse support and community information can call DSN 348-6440 for individual assistance and class schedules in neighboring communities.

Pack Your Storage Spaces

Darmstadt military community residents are reminded to clean out and pack up their basements, attics and other storage areas when preparing to depart from the Darmstadt garrison.

Lawnmower Turn-in

Darmstadt's Department of Public Works is asking all residents to turn in lawnmowers this winter to help prepare for closure. DSN 344-7982 or 344-6239.

Transformation Update

Access transformation-related material, at one central location: www.darmstadt.army.mil/closure.html. Residents are encouraged to visit the site and provide feedback on its content to: USAGDSTPAO@cmtymail.26asg.army.mil. Transformation updates are also available on the Command Information Channel and the AFN Darmstadt Update every Wednesday on 98.7, "The Eagle" at 8:15 a.m.

Making music



Gene Knudsen

Sixth-grader Emily Favor will be one of the 85 advanced band middle school students who participate in tonight's Heidelberg District Music Festival Concert in the multipurpose room of Mannheim Middle School. Band instructor and festival organizer, Priya Muehr, said students from middle schools at Darmstadt, Heidelberg, Mannheim and Wiesbaden have been attending master classes the past two days under the instruction of members of the 76th Army Band and the instructors from the four participating schools. The students will create one large band for tonight's performance of nine selections under the direction of those school instructors. Some of the selections will be "Magnificent Seven," "Simpsons," "Royal Emblem" and "Bandtasia. The concert beginning at 6:30 p.m. is free to the public.

DARMSTADT

Community meeting addresses closure issues

By Amy Buenning Sturm

USAG DARMSTADT PUBLIC AFFAIRS

Darmstadt's quarterly town hall meetings have become a central, routine part of the closure of the Darmstadt community.

It was at a town hall meeting that residents first learned Darmstadt was inactivating, and since the closure of Babenhausen Kaserne, these meetings have become a key forum where community members can have their questions regarding transformation addressed.

At the most recent town hall meeting, held Feb. 27 at the CLEOS building on Lincoln Village, the USAG Darmstadt community was introduced to the USAG Wiesbaden staff, who will absorb the garrison support role for the 66th Military Intelligence Group and Defense Threat Reduction Agency when Darmstadt closes.

Lt. Col. David Astin, commander of USAG Darmstadt, opened the meeting and welcomed Col. Ray Graham, the USAG Wiesbaden commander, and his staff.

Astin reviewed a range of community events and accomplishments since residents last gathered in November.

The big news of the evening was that the gate changes that took effect in Darmstadt Saturday ultimately assumed a different shape than previously announced to the community. Based on a U.S. Army Europe decision, USAG Darmstadt was faced with closing the North Gate of Cambrai-Fritsch Kaserne and modifying the gate access to Lincoln Village.

Astin said based on his staff's assessment and "the (community members') input, we decided to make the

Lincoln Village exit-only gate the gate that remains open 24 hours a day, seven days a week."

The announcement received spontaneous applause from residents, many of whom had attended the meeting to address their concerns about the upcoming gate change. Astin asked for patience as the community adjusts to the new gate operations. Residents should exercise caution and slow down when crossing the intersection towards Lincoln Village through the new 24/7 entrance and exit gate.

Astin reminded residents, on behalf of Darmstadt's Directorate of Public Works, to recycle appropriately when preparing to depart from the community to save the garrison considerable time and money. He said \$85,000 was spent to dispose of bulk trash during the closure of Babenhausen Kaserne, a situation he asked the community to assist in avoiding during Darmstadt's closure.

Alvin Lim, commissary manager, said because of a nearly 45 percent decrease in year-to-date sales, the commissary will reduce its hours starting April 1.

"I am keeping my promise," he said. "We will still be open five days a week."

Maj. Mark Probus, Health Clinic commander, and Capt. Brian Bickel, Dental Clinic officer-in-charge, discussed transition of care to the Wiesbaden military community. Probus said it is important to complete Exceptional Family Member Program screenings well in advance of departure from the community. Bickel said now is the time to make appointments for dental cleanings.

For a copy of the meeting notes, visit www.darmstadt.army.mil.

Read Across America Celebrating Dr. Suess's birthday

Teacher Barbara Moring escorts Mayor Matthias Baass of the neighboring city of Viernheim to a fifth-grade classroom to read Dr. Seuss's book "Horton Hears a Hoo." Baass was one of several readers at the Mannheim Elementary School's Reading Across America program. Last year, after Mayor Baass participated in the program for the first time, he had decided immediately he would to make this an annual event.



Christine Gebhard



Christine June

Lt. Col. Mechelle Hale, U.S. Army Garrison Kaiserslautern commander, asks a question to her son's third-grade class while reading "Alpha, Bravo, Charlie" in celebration of Read Across America Day Monday at the Vogelweh Elementary School. Read Across America Day is held March 2 – Dr. Seuss' birthday – every year to inspire reading in children nationwide and military communities throughout the world. Hale also read the same book at the Ramstein Elementary School on Ramstein Air Base. For more photos from Read Across America events throughout U.S. Army Garrison Heidelberg, visit the Herald Post's new online photo gallery, connected to www.heidelberg.army.mil.

religious services EASTER

Heidelberg

- March 16 – Episcopal Liturgy and Blessings of Palms and Holy Communion, Nachrichten Kaserne, 8:45 a.m.
- March 18 – Chrism Mass with his eminence the Bishop, MTV Chapel Sanctuary, 12:05 p.m.
- March 20 – Episcopal Maundy Thursday, Holy Communion, Nachrichten, 5:30 p.m.
Holy Thursday Catholic Service Adoration until midnight, PHV, 6 p.m.
- March 21 – Episcopal Good Friday, Nachrichten
Stations of the Cross and Holy Communion from the Reserve Sacrament, Nachrichten, time TBD
Journey through Good Friday (PHV Prot. RE) (come and go), PHV Chapel, 3-5 p.m.
Good Friday Catholic Service, MTV Chapel Sanctuary, 3 p.m.
Tenebrae Good Friday Service, PHV Chapel, 7 p.m.
- March 22 – Mass Easter Vigil and Confirmation with Bishop Higgins, MTV Chapel, 7 p.m.
- March 23 – Easter Sunday – regular worship schedule, MTV and PHV Chapels
Lighting of the Paschal Candle and Holy Communion, Nachrichten, 8:45 a.m.

Mannheim

- March 20 – Holy Thursday Mass, BFV Chapel, 6 p.m.
- March 21 – Good Friday, BFV Chapel, 6 p.m.
- March 22 – Holy Saturday Easter Vigil, BFV Chapel, 8 p.m.
- March 23 – Benjamin Franklin Village Protestant Easter Brunch, Mannheim Middle School, 8 a.m.
Easter Sunday Mass/Easter Egg Hunt, BFV Chapel, 9-10:15 a.m. (Only one Easter Sunday Mass due to Saturday Easter Vigil)

Darmstadt

- March 16 – Catholic Service, Palm Sunday Mass, CFK Chapel, 9 a.m.
Collective Protestant - Palm Sunday Service, CFK, 10:45 a.m.
Gospel Service, Palm Sunday Service, CFK, 12:30 p.m.
- March 20 – Catholic Service, Holy Thursday Mass, CFK, 6 p.m.
- March 21 – Catholic Service, Good Friday Service, CFK, 6 p.m.
- March 23 – Catholic Service, Easter Sunday Mass, CFK, 9 a.m.
Collective Protestant, Easter Sunday Service, CFK, 10:45 a.m.
Gospel Service, Easter Sunday Service, CFK, 12:30 p.m.

Kaiserslautern

- Through March 19 – Lent Season Roman Catholic Mass, Daenner Chapel, Mondays and Wednesdays, 11:45 a.m.
- Through March 14 – Lenten Lunchtime Concerts, Daenner Chapel, Fridays, noon
- Through March 14 – Sacrament of Reconciliation/Stations of the Cross, Daenner Chapel, Fridays, 6 p.m.
- March 20 – Mass of the Lord's Supper, Daenner Chapel, 6 p.m.
- March 21 – Good Friday, Daenner Chapel, 3 p.m.
- March 22 – Easter Vigil Mass, Daenner Chapel, 6 p.m.

Doctor: Get students vaccinated before sending them to college

ERMC Public Affairs

When high school students receive their acceptance to college, they should also receive something else: a vaccination.

The potentially life-threatening bacteria called *Neisseria meningitidis* commonly infects military personnel living in barracks and college students living in dormitories. Basic trainees routinely receive the vaccine to protect them against several types of meningitis and other infections. Health officials recommend that college-bound students receive the vaccine, too.

"College freshmen that live in dormitories are five

times more likely to get a meningococcal infection as compared with those who live off campus or don't attend college," said Dr. (Col.) William P. Corr, the Europe Regional Medical Command's consultant for preventive medicine at Landstuhl Regional Medical Center.

Vaccination is a proven way to reduce the risk of infection.

"Over the past 12 months, many DoD children in Europe have been vaccinated against meningococcal infections," said Corr, "but for those teenagers that haven't been vaccinated and are going to college, the Advisory Committee on Immunization Practices recommends one shot of a vaccine that protects

against four types of meningitis-causing bacteria."

The vaccine is long lasting, and the current guidance is to receive the vaccine only once in a lifetime.

Corr also recommends the meningococcal vaccine for adolescents entering middle school (11-12 year olds) or high school (15 years old); children or adults without a spleen; children and adults who lack "complement proteins," a particular group of serum proteins that help the body fight infection; people exposed to someone infected with meningitis types A, C, Y, or W-135; and children and adults traveling to sub-Saharan Africa between December and June.

Contact your local medical treatment facility for information about receiving the vaccine.



Sgt. Timothy Kingston



U.S. Army

Soldiers of Troop B, 5th Squadron, 7th Cavalry Regiment help unearth six large barrels from a farmer's barn in the southern Arab Jabour region Feb. 28. The father of a Son of Iraq member found the barrels while clearing debris from his barn.

Top left: An elderly Iraqi woman stands aside and watches as Soldiers from Company B, 1st Battalion, 15th Infantry Regiment, 3rd Heavy Brigade Combat Team, 3rd Infantry Division pass by to search her house during a clearing operation in Kesra, Iraq, Feb. 24.

Left: Amanda Stern (left) and Brenda Grandia listen to instructions while performing Army combatives as part of Company A, 1st Battalion, 6th Infantry's "GI Jane Day" in Baumholder, Germany, Feb. 28. Stern and Grandia took part in the event designed to give spouses of troops in the 2nd Brigade Combat Team, 1st Armored Division company a taste of a Soldier's life.



Maj. Wayne Marotto



U.S. Air Force Tech Sgt. Jason Rolfe

Minnesota National Guardsmen follow along behind a tracked vehicle as they conduct cold-weather training at Camp Vearnes, Norway, Feb. 18. The Guardsmen participated in the 35th Annual U.S./Norwegian Troop Reciprocal Exchange, which is a two-week winter training and a cultural exchange.

Nurse Advice Line provides 24/7 medical advice

ERMC Public Affairs

How many times have screams from your baby or small child roused you from sleep in the middle of the night and you wondered just what to do?

How about try to find your way in the dark to an unfamiliar hospital, call an ambulance, or try to comfort the sick one until the next morning?

"It's scary for a young mom or dad in an unfamiliar country, and no mother or grandmother to turn to," said Lt. Col. Karen Grace, chief of the clinical nursing services at the U.S. Army Medical Department Activity in Heidelberg. "That's why we recommend that our patients keep the Nurse Advice Line telephone

number handy.

"The Nurse Advice Line gives you around-the-clock access to medical information and advice. If you're looking for help anytime day or night, you can dial 00800-4759-2330 or 0800-825-1600."

The Nurse Advice Line is a service sponsored by TRICARE for beneficiaries stationed in Europe.

It has registered nurses who can answer questions, provide self-care advice, and help you decide if you need to seek immediate care, according to the TRICARE Europe Web site.

Science Applications International Corporation and its partner McKesson Health Solutions manage the advice line.

"It requires a special exper-

tise to advise military personnel and their families about their health care, especially when the nurses are at the other end of an international telephone call," said Raymond S. Crawford III, SAIC advice line program manager.

Crawford described the nurse advice program as having "200 registered nurses, available 24/7 to help you with your health care problem."

He emphasized that the "nurses have an average of 15 years of hands-on clinical experience to advise you about your health condition and to help you decide if you need to seek professional help and where to seek it."

The combination of patient information and clinical judgment allows the nurses to

answer questions and decide which recommendations to make to the caller.

Crawford is proud of its caller satisfaction rate, which consistently remains above 95 percent. He said "with the experience of handling millions of calls, military beneficiaries can be confident with Nurse Advice Line recommendations."

The TRICARE Europe Web site link to the Nurse Advice Line says that in addition to talking to a registered nurse, callers can listen to information about a variety of health topics through the Audio Health Library.

Such topics include help with managing chronic conditions like diabetes or asthma, and how to recognize signs of

sexually transmitted diseases.

After gathering health information from the caller, the nurse has several options in providing advice.

SAIC statistics show that most callers (37 percent) are advised that they can safely handle their health problems at home, and another 36 percent are advised to speak with their provider by telephone. Around 20 percent are advised to make an appointment with a healthcare provider, while only 8 percent are instructed to seek emergency care.

"Feel free anytime, day or night, to use your TRICARE Europe Nurse Advice Line. Registered nurses are standing by – give them a call when you have a health problem," Grace said.

USAREUR honors 3 officers for leadership

By Spc. Sean C. Finch

USAREUR PUBLIC AFFAIRS

U.S. Army Europe saluted the leadership and achievements of three officers when it awarded the trio top honors in the USAREUR level of the 2007 General Douglas MacArthur Leadership Awards.

Capt. Daniel C. Enslen from the Operations Group, Joint Multinational Readiness Center, 7th Army Joint Multinational Training Command; Capt. Daniel P. Kearney, commander of Bravo Company, 2nd Battalion (Airborne), 503rd Infantry Regiment, Southern European Task Force; and Chief Warrant Officer 2 Jason E. Feser of V Corps' Headquarters and Headquarters Troop, Special Troops Squadron, 2nd Stryker Cavalry Regiment, were chosen for the award from a group of 11 nominees.

The annual award was created by the Gen. Douglas MacArthur Foundation in 1987 to honor company-grade and junior warrant officers who embody MacArthur's ideals of "Duty, Honor, Country" and have proven records of performance, leadership and achievement.

The 11 officers nominated represented approximately 3,700 eligible officers in USAREUR.

Each was recommended by his or her command for the award, and the

three winners were then selected by a panel of senior leaders.

In his remarks at the ceremony, Gen. David D. McKiernan, USAREUR commanding general, praised the caliber of all the nominees.

"It is people like this who make our Army have the strongest leadership it has ever had," the general said.

"I know that you are all probably thinking, 'There are officers who deserve this just as much as I do,' and maybe there are," McKiernan added. "But you are here because you have earned it – don't forget that – and you deserve to be recognized for your efforts."

Enslen was the only one of the three winners present to receive the award. Unit representatives accepted on behalf of Kearney and Feser, who are deployed.

"When I first heard that my name had been recommended and nominated, I was shocked. It had never been about the recognition; it is about taking care of your mission and your Soldiers," Enslen said. "(The award) has definitely renewed my zest for the job, and it is nice for someone to notice when you put all of yourself into something."

"I don't expect a constant pat on the back every day, but days like today say to me that someone took note and appreciated something I did."

Enslen, Kearney and Feser represented USAREUR for the Army level of the award.

Practice makes perfect



Art McQueen

Maj. Robert Gunther, operations officer for V Corps Special Troops Battalion, plays a set of 57-year-old bagpipes on the athletic field adjacent to the Patton Barracks fitness center Feb. 28. Gunther, whose mother was born in Scotland, has been playing the "pipes" since he was 13 years old. During inclement weather he plays in the basement of his office building, but the pleasant day brought him outside, where he prefers to play, he said, because the tone of the instrument is cleaner, not being reflected off of walls.

Illustration by Sgt. Brandon Spragins

Motorcycle Safety: Are You Ready to Ride?

The warm weather and the longer hours of daylight mean spring is on the horizon. Signs that it's time to break the bike out of winter storage. Hold on before you ride you should thoroughly inspect your vehicle to ensure it is safe to ride. Perform a pre-ride inspection of your vehicle checking the tires and wheels for serviceability, controls for damage and proper adjustment, lights for operation, fluid levels, and, the chassis for visible signs of damage and the stands. Okay, the vehicle may be ready, but are you?

The Motorcycle Safety Foundation offers the following guidelines for riding a motorcycle safely:

Be Visible:

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlights work and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

Dress for safety:

- Helmet: Certified to meet American National Standards Institute Z90-1 or the Economic Commission for Europe Norm 22-02.
- Eye Protection: Impact or Shatter Resistant Goggles or Full-face Shield. Must meet Vehicle Equipment Commission Regulation, Standard 8 (VESC-8).
- Full-fingered Gloves
- Leather boots or over-the-ankle shoes
- Outer Garment: Brightly colored (i.e. yellow, bright green, red, orange) during the day and reflective at night (See Note)
- Long sleeved shirt or jackets and trousers
- Remember – the only thing between you and the road is your protective gear.

Note: When wearing military uniforms, military operators will wear a brightly colored reflective PT-style vest that is clearly visible from the front and rear of the motorcycle. Operators in military uniform may also wear brightly colored approved motorcycle riding jackets. The Army PT jacket worn with an orange or yellow reflective belt (worn diagonally across the shoulder) meets both day and night requirements.

Apply effective mental strategies:

- Constantly search the road for changing conditions. Use MSF's Search, Evaluate, Execute strategy (SEESM) to increase time and space safety margins.
- Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road, and stick to the speed limit.

Know your bike and how to use it:

- Get formal training and take refresher courses.
- Note: Riders must complete a MSF course every 3 years.
- Visit http://www.imcom-europe.army.mil/sites/management/so_atstp.asp to locate the Motorcycle Safety Foundation hands-on RiderCourse nearest you and available training date.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

Remember:

Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they're never been on a motorcycle and can't properly judge your speed. Ride Smart...Ride Safe.



Using full-spectrum operations

By C. Todd Lopez
ARMY NEWS SERVICE

FORT LAUDERDALE, Fla. – The Army's new operations manual, FM 3-0, defines full-spectrum operations and includes stability operations as part of the Army's core mission.

During a session at the Association of the United States Army's Institute of Land Warfare Winter Symposium and Exposition here, Vice Chief of Staff of the Army Gen. Richard A. Cody said Soldiers are already applying in theater what is contained in that field manual.

From development of the Stryker Brigade Combat Teams – to the development, application and refinement of counterinsurgency operations – the Army is a leader in full-spectrum operations, the general said.

"The Army has lead the joint force into the 21st century, and wields full-spectrum operations against traditional and irregular threats in complex environments," Cody said.

"If you read FM 3-0, the operational lessons learned will leap off the page to you. But they are not lessons learned unless they are applied," he said. "Having just returned from theater, I can say unequivocally, our Soldiers and our leaders don't just get full-spectrum operations, they are damn good at it."

During his visit to Iraq and Afghanistan, the general said he had the opportunity to re-enlist some 300 Soldiers, hand out hundreds of coins; and to pin on silver stars, combat infantryman badges, combat action badges and combat medical badges. Above all, he said, he was impressed with Soldiers' selflessness.

"These Soldiers told me their stories," he said. "And every Soldier's story was deeply impressive. But if I could paraphrase them, they talked about their buddies more than they talked about themselves. They talked about the heroics of their partners and how much they trusted each other."

The general visited Iraq and Afghanistan, he said, to inspire Soldiers and to boost morale. It was he, however, that was inspired by the Soldiers, he said.

"These young Soldiers will never know not just how proud I was of them, but how much I wanted to join them," he said. "I went to Iraq and Afghanistan to check on the troops and to inspire them, but it was they that inspired me."

"They bear this difficult mission for all of us, make incredible personal sacrifices, and witness friends and buddies getting wounded. They do it because they love this nation. They do it because they believe in this mission – they see the big picture – and they know the importance of victory for this nation and for this world."



Capt. Allison Flannigan

Iraqi and U.S. Soldiers from the 101st Airborne Division (Air Assault) facilitate a veterinarian visit to Yusafiyah Feb. 5 to promote growth for the area's farming industry. Here Mohel Abdella Mohammed, a local veterinarian, prepares a vaccine for a baby sheep. Stability operations are a major part of the new FM 3-0.

online

Learn more about FM 3-0

<http://downloads.army.mil/fm3-0/FM3-0.pdf>

The general said he asks himself daily if he is doing all he can to support Soldiers and their families, and if he is showing the same moral courage that he saw daily in the eyes of Soldiers in Iraq and Afghanistan.

"The answer to those questions must be yes," he said. "Then I ask myself am I living my life as an American that is worthy of the sacrifices of our young Soldiers."

USAG BW

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Col. James Diggs. Diggs currently performs many of these functions without the command authority or the structure the new unit will provide, Ulises said.

"The presence of a commander for Heidelberg focusing exclusively on the day-to-day issues places the community on the same level as the other communities," said Nina Richter, garrison resource manager. "No positions or jobs will be lost as a result of this action. It is the same amount of work, with a different modus operandi."

Ulises said the change will allow him to focus more on transformation, with an indirect garrison commander relieving him of some of the day-to-day requirements of the Heidelberg community.

There will still be garrison decisions and appeals that require colonel-level approval to implement, Ulises said. "I will still be actively involved in the community. The photos will change, but the mission will not."

No growth and no cost were the conditions for re-establishing the command, Richter said.

The newly activated indirect reporting garrison in Heidelberg is slotted to have slightly more than 100 positions – and just one new one, a command sergeant major. While the new structure will be streamlined, it will allow for better organized assets and more responsive, customer-focused support that exceeds expectations, Ulises said.

"This change will be completely transparent to the customers," Richter said. "A service order will still get called in to the local Department of Public Works, for example."

"If anything," Ulises said, "you will see a sharpened focus on the community, which will improve services to enhance the well-being of our residents."

5th SIGNAL

continued from page 1

Smith returns to Germany after previously serving in the 56th Field Artillery Brigade, 440th Signal Battalion, European Command headquarters, and most recently, as commander of the 22nd Signal Brigade from 2002 until 2004. Smith led the 22nd during its deployment in support of the first iteration of Operation Iraqi Freedom.

"There is no better fact than to state the rightness of this assignment for my family. We are home," Smith said.

Lawrence will leave Germany to become commanding general of NETCOM and 9th Signal Command.

"I look forward to the future and our continued service together," said Lawrence in her remarks during the ceremony. "NETCOM may be an ocean away, but – to the credit of the 'Dragon Warriors' (the Soldiers of 5th Signal Command) – I know we will always be superbly connected."

"Today's Soldiers and missions require the very best, and that's what we got with you," said U.S. Army Europe and 7th Army Commander Gen. David McKiernan of Lawrence's time with 5th Signal Command.

21st TSC

continued from page 1

continue.

"Rest assured that we will maintain the momentum and stay the course you have set in the past years," he said. "We will continue to train hard, to provide support on time and on target, and continue to implement transformation while taking care of Soldiers, our civilian workforce and their families."

USAREUR and 7th Army Commander Gen. David McKiernan expressed his confidence in Fontaine to fulfill his duties as the 21st TSC's commanding general during its future operations.

"No one is more qualified than you to take this command to the next level of transformation," McKiernan said.

The 21st TSC underwent major transformation during West's two-and-a-half year tenure, including the unit's redesignation from theater support command to theater sustainment command as well as the inactivation, activation, redesignation and consolidation of subordinate units.

While that transformation was taking place, the unit was also training, deploy-

ing and redeploying Soldiers from operations in Iraq and Afghanistan.

"The time has come for us to say thank you to all our Soldiers and civilians for the support they've given us these past years," West said. "Ever present on our minds are the 1,200 Soldiers we have deployed today."

West is slated for promotion to the rank of major general and will take command of the U.S. Army Tank-automotive and Armaments Command's Life Cycle Management Command in Warren, Mich.

Enter the world of glassmaking

German National Tourist Board

The Bavarian and Upper Palatinate Forest is home to Die Glasstrasse, or the Glass Route, which allows visitors to encounter the glassmaking tradition at every turn and experience first-hand the international world of glass, its fascinating history and universal appeal.

Glassworkers here were creating works of art as long as 500 years ago, and they are still an important part of the local economy today.

Glass from eastern Bavaria, where glassblowing is a long and firmly established tradition, is highly sought after. Both utility glass by famous manufacturers and art glass pieces made in small workshops are in great demand internationally.

The Glass Route runs for approximately 250-300 kilometers including subsidiary routes – from Neustadt an der Waldnaab, Europe's "lead crystal capital," to the Passau Glass Museum where more than 15,000 examples of glassware from a range of different eras are on display. Bavaria's famous cuisine means a wonderful choice of culinary treats along the route.

There is much to see in this "glass kingdom" and many treasures to discover: rare and exquisite glass objects – some centuries old, some finished just minutes before – in museums, galleries and glassworks. Quartz, lime, soda and potash are words frequently heard in Bavaria.

The word "glass" is derived from the old German word for amber, and old Germanic jewelry was made almost exclusively of this fossilized resin.

The glassmaking process has remained essentially unchanged since the glassmaker's pipe was discovered some 2,000 years ago. Glassblowers still fetch the red-hot, honey-like glass melt out of the furnace with their long "pipe," turning, swinging and blowing it to get the desired shape, as if by magic.

The process of producing glass involves fire and glowing heat. Because the ancient craft of glassmaking cannot be replaced by machine, the mouth-blown tradition has been carefully preserved and is kept alive in many towns and villages.

Watch as these master craftsmen mold their glass creations using the oven or working by their lamps. You can watch glassmakers at work at many show glassworks along the route. There are also a number of viewing tours, exhibitions and courses.

Additionally, there are glass displays in museums and galleries along the route. Many glass-decoration workshops have large showrooms where visitors can admire and purchase a wide range of glassware.

Between Weiden, Oberviechtach and Rötz, the route leads through what was once the "land of the mirror cutters." The most magnificent crystal chandeliers are produced in Arnbruck.

Glass is a fascinating material – transparent, sparkly and endlessly versatile. However, glass is also about art, technology, history and the modern era. The world of glassmakers and gallery owners who specialize in glass is as colorful and complex as the glass itself.

This "glass forest" offers attractions not only for lovers of the fine arts but also for walkers, cyclists and winter sports enthusiasts. There is always something interesting to do.

The Glass Route combines the "glass forest" and the Bavarian Forest, a walker's paradise with lots of fresh, healthy air. You can only fully appreciate the Glass Route if you experience it for yourself.

Die Glasstrasse

- ♦ Length – 300 kilometers
- ♦ Themes – The art of glassmaking, handmade glass, nature, culture
- ♦ info@ostbayern-tourismus.de
- ♦ www.dieglasstrasse.de

Stops along the way

- ♦ Neustadt an der Waldnaab – European lead crystal museum, municipal and glass museum (1 meter-tall cut and engraved gold ruby flashed vase)
- ♦ Pössberg – Glass smelting furnace museum
- ♦ Viechtach – Glass barn
- ♦ Regen – Glass forest
- ♦ Frauenau und Passau – Glass museums
- ♦ Weiden – "Shopping capital" for glass and porcelain
- ♦ Frauenau – Freiherr von Poschinger glassworks
- ♦ Eisch – Glass museum and factory, Wolfstein Castle
- ♦ Freyung – Weinfurter glassworks, hunting and fishing museum
- ♦ Passau – Town on three rivers, world's largest Bohemian glass collection

Visit the Crystal Road

Bavarian Forest
Upper Palatinate Forest

Eastern Bavaria, one of four regions in Bavaria, boasts the Crystal Road. This famous holiday route provides unforgettable opportunities to experience historic glass towns, admire glass crafts, see valuable antique glass objects, as well as view modern works in one of the many galleries, museums or factories. Numerous glass makers and refiners work along the 250 km long Crystal Road stretching between the European center of lead crystal in Neustadt an der Waldnaab and Passau.

All along this trail, visitors can admire and experience the production of exquisite drinking glasses, traditional Art Nouveau glass, sparkling chandeliers, fantastic lamp glass and unique pieces designed by internationally renowned artists such as Erwin Eisch and many more young talents with new, experimental glass ideas. It is also possible to purchase items directly from these skilled artisans.



Die Glasstrasse



Dieses Projekt wird von der Europäischen Union kofinanziert.

Bayern

GERMAN COOKING

Colorful Easter Cake (Bunter Osterkuchen)

Ingredients:

Cake:

10 ounces ground almonds
2 tablespoons bread crumbs
3 tablespoons cornstarch
1 teaspoon baking powder
1 teaspoon cinnamon
peel of one lemon
2 medium-sized carrots
2 small apples
6 fresh eggs
10 ounces sugar
1 pinch salt

Decoration:
4 ounces marzipan
2 1/2 ounces confectioners' sugar
red and yellow food coloring
1/4 teaspoon cocoa powder
egg white from 1 egg
5 ounces confectioners' sugar
green decorative leaves
decorative sugar flowers

Preparation:

- ♦ Mix together almonds, bread crumbs, cornstarch, baking powder cinnamon and lemon peel. Peel carrots and apples and grate.
- ♦ Separate the eggs. Beat together egg yolks with 4 ounces of sugar. Beat egg whites together with salt and rest of sugar. Mix the grated carrots and apple with the egg yolk and carefully fold in egg white mixture and almond mixture.
- ♦ Line a 10-inch spring form with baking paper and pour in the batter. Bake in a pre-heated oven at 350 degrees F for 45 minutes. Remove from the oven, loosen the cake from the form and allow to cool on a baking tray.
- ♦ For the decoration, break up the marzipan and knead it together with the confectioners' sugar. divide into three portions and color each portion pink, yellow and brown (using the cocoa powder for brown). Place the marzipan between two layers of plastic wrap, roll out and cut out Easter eggs shapes and branches.
- ♦ For the glaze, mix the egg white with the confectioners' sugar. Put the glaze in a plastic sandwich bag and cut a tiny corner. Use the glaze to decorate the marzipan eggs with fine lines. Sprinkle the cake generously with confectioners' sugar and decorate with the marzipan eggs and sugar flowers and leaves.

SOURCE: www.germanfoods.org



Dear Ms. Vicki,

I am currently living on Fort Bragg Army base with my husband. We are going through some hard times relationship wise. It is to the point where a divorce is the best thing for both of us.

He convinced me to move here in January because he wanted to work on being a family. Well, this is totally not the case.

I am looking for a job because now I am in a bad situation that my entire family warned me against. I foolishly came because I wanted my girls to grow up with their father.

I am working on master's degree, but the down side is I do not have enough work experience because I stayed home for a while to raise my three children. I was a caseworker in New York where I investigated child abuse, and I was only in this position for six months then I moved here.

I plan on getting my own place here and not returning to New York. I had a good salary there, but cost of living is high and I really didn't have the support system for

the job. I worked 12 hours a day from time to time and my children didn't have me around.

From: Army Wife

Dear Wife,

I don't think it was crazy for you to move to Fayetteville to be with your husband and your children with their father. That's a good thing!

I regret hearing the marriage is not working out. Are you in an abusive marriage? Are you safe? Are you still in the home with your husband?

I would never advise anyone to stay in an abusive relationship. If it's not abusive, I hope your marriage can be saved.

Don't be so hard on yourself for your decision. You have done a great job and accomplished a lot.

In your case, you may have to be ready to provide for you and your children. You are going to need to pursue a degree that can provide immediate opportunities.

Would your husband consider marriage counseling? I know the Fort Bragg and surrounding communities have much to offer. I can send you some resources for counseling and for employment.

If your husband refuses counseling, then I think you should consider speaking to a professional counselor for support if nothing else.

Please answer my questions and let me know how I can help further.

Ms. Vicki,

I am so happy to receive a response from you – thank you. Yes, I agree with the need for counseling for my husband and me. He is, of course, going to be very resistant and see it as a waste of time.

My husband has many issues that I can no longer deal with. He doesn't hit me, and, yes, I do know

that there are other types of abuse out there. I'm to the point where I will walk away and never look back because he doesn't want to change and he swears he doesn't love me and he never did.

So when he says these things, I ignore it because he has said it for a while. He pushes me away and I know it is because of his underlying conditions from his past. He is very successful career-wise in the Army and defied all odds by only having attained his GED.

I got stuck in this mindset that he would change if I loved him and was good to him. As far as my education, I am tired of student loans and if there was away to work on my social work masters with some assistance, I would.

I just moved here and have not found a job, so what am I to do? I will be 28 in a week and I really hope for something great to come my way.

Dear Wife,

You really shed more light on the situation. How can you stay with someone who says he does not love you and does not want to be with you?

I'm not sure what you are to do if he doesn't want counseling either. In my position, I can't make the decision for you and tell you when to leave your spouse.

Please contact some of the resources I've sent to you for counseling. If your husband doesn't go, I still think you could use the support.

Also I would like for the counselor to continue to assess your situation. I'm sending you some Web sites to visit regarding finding employment. I understand about the student loans, I'd hate to see you get student loans to finance a master's degree that will not render immediate employment. I'm glad you are safe.

mom's good cents

Nicole McGhee is an Army spouse and a stay-at-home mother of two toddlers. If there are things you'd like to see, a kid-friendly recipe you need for a picky eater, a game for a birthday party, a craft you can make with paper towel tubes, let Nicole know at nicole_lynette@yahoo.com.



Lamb Faces

supplies

- ♦ Cotton balls
- ♦ Paper plate
- ♦ Paper
- ♦ Markers
- ♦ Scissors
- ♦ Glue

directions

- ♦ Have your little one help you tear each cotton ball into a few pieces. When you pull them apart, they are thinner and easier to work with and also make the lamb's face fluffier.
- ♦ Cover the back of the plate with glue. Cover the bottom first and work on it, then put glue around the outside of the plate.
- ♦ Draw some eyes, a nose, a mouth and ears (which look like stretched out ovals and hang down instead of up) onto a piece of paper. Your child can color the eyes and add other details to the lamb's face (we glued a little bow at the top).
- ♦ Cut the pieces out and glue onto the lamb's face. There you have a lamb!
- ♦ Tip: Little kids love to glue and it washes right off, so let them have a chance at gluing.

The Cotton Ball Game

supplies

- ♦ Cotton balls
- ♦ Straws (one for each player)

directions

- ♦ Set your cotton balls at one end of the table (since we're playing with little kids, a coffee table would work best).
- ♦ Each player gets a straw and a cotton ball.
- ♦ The object of the game is to be the first one to blow your cotton ball to the other end of the table using only your straw. NO HANDS!

Lion Cookies

ingredients

- ♦ 1 cup of sugar
- ♦ 1 large egg
- ♦ 1 cup of peanut butter

directions

- ♦ Preheat oven to 375 degrees
- ♦ Combine sugar and egg in mixing bowl, stirring until somewhat smooth. Add peanut butter and mix in thoroughly. Roll into walnut-sized balls.
- ♦ Place the balls on ungreased cookie sheets at least 2 inches apart. Use your hand to flatten them a little.
- ♦ Take a fork and flatten the outside of the cookie with the tines. (This is meant to resemble a lion's mane so use the tines to make lines all the way around the outside of the cookie).
- ♦ Optional decorations: For eyes poke the end of a straw into the center of the cookie and use a butter knife to make a small line for a mouth.
- ♦ Bake for 10 minutes or until done. Let cool on cookie sheet for one minute before moving to cooling rack.

Parent Tip

If you're having a hard time getting your preschooler to help pick up his toys, make it a race. Kids love to do things quickly, so countdown from 10 and each of you race to pick up as many toys as you can.



Semi-Pro: Great cast, great flick

Will Ferrell, Woody Harrelson and Andre Benjamin – what a combination. I mean, come on people, it's another Will Ferrell movie and it has Andre 3000 in it. You can't beat that combo!

Will Ferrell stars as Jackie Moon, a 1976 singer who uses profits from a hit single to buy a basketball team in the American Basketball Association – the Flint, Michigan Tropics (the team he plays for). The down-and-out team

is waiting for its big break. The guys want to make it pro.

The ABA plans to merge with the NBA and only four teams are going to make it big. So our good friend Jackie Moon convinces the board of trustees to pick the top four best teams in the ABA.

It just so happens the Tropics are the worst team in the league.

The entire cast keeps you laughing throughout the movie with cameos by comedians from Saturday Night Live and even Patti LaBelle. Overall, "Semi-Pro" is a funny movie with a few slow points.

If you enjoyed "Talladega Nights," you will enjoy this one. Sorry kids, "Semi-Pro" is rated R, so you're going to have to sit this one out. Ladies, this is yet another guy flick, although I think you would laugh just as much.

You guessed it – this one will be added to the collection.

GET OUT!

area events

March 6

District Music Festival – Mannheim Middle School is hosting this year's district music festival concert at 6:30 p.m. in the MMS multipurpose room. Approximately 85 advanced band students from Darmstadt, Heidelberg, Mannheim and Wiesbaden will create one large band.

March 7

Nove Italy Shoppers Express – This tour is for serious private shoppers who are interested in Italian pottery, china, gift items, leather goods and wines. We will visit Union, producer of Capodimonte, flowers made of delicate porcelain; RG Porcellane, for exquisite porcelain and gold leaf figurines, as well as a store where you can buy those cute "chicken pitchers" for a fraction of their price. Other shops offer a range of products, including Lennox china, vases, mirrors, lamps, tea sets and porcelain dolls. USO DSN 385-2082, civ. 0621-730-3468.

5 Women Wearing the Same Dress – See an irreverent and funny look at the intricacies of friendship and the power of similar dressing. Performances take place at the Roadside Theater on Patton Barracks March 7, 8, 14, 15, 21 and 22 at 7:30 p.m. and March 9 and 16 at 3 p.m.

To Kill a Mockingbird – KMC Onstage in Kaiserslautern performances are March 7, 8, 9, 14 and 16. DSN 483-6626, civ. 0631-411-6626, www.mwgermany.com.

Military Tattoo – At the Ballsporthalle in Frankfurt at 7:30 p.m. www.bundesmusikparade.de.

Jazz Duo – Head to the Jazzhaus Heidelberg on Leyergasse at 9:30 p.m. to hear Walt Bender. www.jazzhaus-hd.de.

Hip Hop Anniversary Tour – Head to Zollhofgarten on Güteramtsstrasse in Heidelberg at 10 p.m. to hear the original Sugar Hill Gang, Kurtis Blow, Grandmaster

Melle Mel, Grand Wizard Theodore and more. www.halle02.de.

March 8

Pub Festival – The first Schwetzingen Nightgroove starts at 8 p.m. as 17 local and regional bands perform in the pubs in the Schwetzingen city center. The participating bands play everything from rock and roll to R and B and salsa to soul. www.nightgroove.de.

Ski Trip to Engelberg – Head to Switzerland for a day with Mannheim Outdoor Recreation. The trip also takes place March 22 and April 5 and 12. DSN 381-7215, civ. 0621-730-7232.

Halo 3 Competition – Mannheim Better Opportunities for Single Soldiers will host a Halo 3 Competition starting at 1 p.m. at the Cove on Sullivan Barracks. DSN 385-2561, civ. 0621-730-2561.

Easter Egg Market – Visit Geibel'sche Schmiede on Oberstrasse in Darmstadt-Eberstadt through March 9. www.eberstaedter-buergerverein.de.

Mettlach – Villeroy and Boch's large outlet stores are located here. Everything you need for all occasion table settings is in the three large shops. Lands End has an outlet here. Next door is a Birkenstock outlet and Tigma. USO DSN 385-2082, civ. 0621-730-3468. www.uso.org/rheinneckar.

Hidden, but Interesting – Along the SR streetcar route, USO guide Christine has a special tour for people who have been to all the well-known places in the area. First stop is a pilgrimage church in Leutershausen, where a statue of a black Madonna is said to work miracles. Then there is the "other castle" in Heidelberg, not open to the public, but with a gruesome (true) story. Finally, the town of Schriesheim, which has a nice old center. This is during the Mathaisemarkt, a wine fest with rides for children. USO DSN 385-2082, civ. 0621-730-3468.

Jazz Concert – Susan Weinert Synergy: Tomorrow's Dream will be featured at Centralstation in Darmstadt at 7:30 p.m. www.centralticket.de.

King of the Forest – Through March 9, the Fahl ski stadium in Feldberg in the Black Forest will showcase elite regional and national snowboarders and skiers. Spectator entry is free. Civ. 07655-8019, www.kingoftheforest.de.

March 9

Hairstyle, Decoration of the Stone Age – At the Wella Museum in Darmstadt 11 a.m.-5 p.m. www.wellamuseum.com.

Cushion Concert – Visit Darmstadt's Centralstation at 11:30 a.m. for funny classical music directed at children 4 and up. Bring cushions! www.centralticket.de.

March 10

Danish National Orchestra – The concert will be at the Alte Oper in Frankfurt at 8 p.m. www.alteoper.de.

Baden-Baden Boogie Nights – the fourth International Boogie-Woogie Festival happens in Baden-Baden through March 15. 07221-996-6034, www.baden-baden-boogie-nights.de.

March 11

Earth, Wind and Fire – Concert at the Jahrhunderthalle in Frankfurt at 8 p.m. www.jahrhunderthalle.de.

March 13

Solo Dance Theatre Festival – Through March 16, 18 contemporary choreographers and young dancers present their latest productions to the public at Rotenbühlplatz in Stuttgart. Performances every evening at 8 p.m. Civ. 0711-187-3804, www.stuttgart-tourist.de.

coming to THEATERS

SEMI-PRO

(Will Ferrell, Woody Harrelson) Jackie Moon is one-hit wonder who used the profits from the success of his chart-topping song "Love Me Sexy" to achieve his dream of owning a basketball team. But Moon's franchise, the Flint Michigan Tropics, is the worst team in the league and in danger of folding when the ABA announces its plans to merge with the NBA. If they want to survive, Jackie and the Tropics must now do the seemingly impossible – win. Rated R (language, sexual content) 99 minutes



ONE MISSED CALL

(Shannyn Sossamon, Edward Burn) Beth Raymond is traumatized when she witnesses the gruesome deaths of two friends days apart. She knows that both of them had received chilling cell phone messages – recordings of their own horrifying last moments. The calls were received days before they died, but each death occurred precisely when and how the messages foretold. The police think Beth is delusional – except for Detective Jack Andrews, whose own sister was killed in a freak accident that bears a strange similarity to the deaths of Beth's friends. Together, Jack and Beth work feverishly to unravel the mystery behind the ominous calls. But even as they get closer to the truth, Beth's cell phone begins to ring with an eerie tune, and the readout displays: "One Missed Call." Rated R (violence, disturbing images, nudity) 87 minutes

PLAYING THIS WEEK

Heidelberg

March 6 - P.S. I LOVE YOU (PG-13) 7 p.m.
March 7 - SEMI-PRO (R) 6:30 p.m.; ONE MISSED CALL (PG-13) 9:30 p.m.
March 8 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 2 p.m.; SEMI-PRO (R) 5 p.m.; ONE MISSED CALL (PG-13) 9:30 p.m.
March 9 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 2 p.m.; SEMI-PRO (R) 5 p.m.
March 10 - ONE MISSED CALL (PG-13) 7 p.m.
March 11 - SEMI-PRO (R) 7 p.m.
March 12 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 7 p.m.
March 13 - ONE MISSED CALL (PG-13) 7 p.m.

Mannheim

March 6 - NATIONAL TREASURE: BOOK OF SECRETS (PG) 7 p.m.
March 7 - VANTAGE POINT (PG-13) 7 p.m.; ONE MISSED CALL (PG-13) 9:30 p.m.
March 8 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 2 p.m.; VANTAGE POINT (PG-13) 4:30 p.m.; ONE MISSED CALL (PG-13) 7:30 p.m., 9:30 p.m.
March 9 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 2 p.m.; VANTAGE POINT (PG-13) 4:30 p.m.; ONE MISSED CALL (PG-13) 7:30 p.m.
March 10 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 7 p.m.
March 11 - ONE MISSED CALL (PG-13) 7 p.m.
March 12 - VANTAGE POINT (PG-13) 7 p.m.
March 13 - ONE MISSED CALL (PG-13) 7 p.m.

Darmstadt

March 7 - UNTRACEABLE (R) 7 p.m.
March 8 - ONE MISSED CALL (PG-13) 7 p.m.
March 9 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 4 p.m.

Vogelweh

March 6 - P.S. I LOVE YOU (PG-13) 7 p.m.
March 7 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 3:0 p.m.; SEMI-PRO (R) 7 p.m., 10:30 p.m.
March 8 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 11 a.m., 3 p.m.; SEMI-PRO (R) 7 p.m., 10:30 p.m.
March 9 - THE WATER HORSE: LEGEND OF THE DEEP (PG) 11 a.m., 3 p.m.; SEMI-PRO (R) 7 p.m.
March 10 - ONE MISSED CALL (PG-13) 7 p.m.
March 11 - SEMI-PRO (R) 7 p.m.
March 12 - ONE MISSED CALL (PG-13) 7 p.m.
March 13 - NATIONAL TREASURE: BOOK OF SECRETS (PG) 7 p.m.

THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238
Schuh Theater, Mannheim, 0621-730-1790
Darmstadt, 06151-691790
Galaxy Theater, Vogelweh, 0631-50017

Visit www.aafes.com for updated listings and more movie descriptions

community HIGHLIGHTS

UMUC Europe Registration

University of Maryland University College Europe Term 4 registration is March 17-28. Students may register at one of the 70 field sites located throughout Europe and the Middle East for on-site courses beginning March 31.

Vehicle Emissions Stickers

According to a new German law, all privately owned motor vehicles must bear an emissions decal on the lower right (passenger) side of their windshields to enter environmental protection zones in Germany, currently in Berlin, Hannover and Köln, Stuttgart and Mannheim.

NAACP Service Award

The Department of the Army is accepting nominations for the NAACP Roy Wilkins Renown Service Award. Deadline: May 8. Nomination information: www.per.hqusareur.army.mil/services/EO/index.htm, DSN 370-6873.

Stuttgart Tour

Be a guest of the state of Baden-Württemberg and the city of Stuttgart to learn more about your new home state. The visitation is open to all Soldiers, DoD civilians and spouses new to Germany. Transportation is free. The next tour is April 7. Reservations by April 2: DSN 373-1600, usaghdpa@eur.army.mil.

Gang Awareness and Prevention

Community STRONG Gang Awareness and Prevention Training will be held March 13-14 at NH Hotel in Weinheim. Residential participants: €99 per day; commuting participants: €85 per day. Advance registration required: www.cysyp.com. More details: DSN 379-6067, civ. 0160-9399-5534, judie.schroeder@us.army.mil.

Motorcycle Basic Riders Course

An MSF BRC for newly licensed motorcycle riders and re-entry riders will be offered at the Heidelberg Army Airfield March 26-27. Riders in need of renewing their MSF training are also welcome to attend this training or the ERC being offered March 19. Prior registration is required: www.imcom-europe.army.mil/sites/management/so_atstp.asp. Additional information: imcom-europe.atstp@eur.army.mil.

local EMPLOYMENT

Heidelberg Career Fair

The Heidelberg Community Career Fair will be held March 12, 10 a.m.-2 p.m., at the Patrick Henry Village Pavilion. DSN 370-6883, civ. 06221-57-6883, michiel.devito@us.army.mil.

Thrift Shop

Mannheim Thrift Shop is currently accepting applications for full and part-time employment. DSN 385-2862, civ. 730-2862 or stop by the store.

Transition Center

Full-time position in Mannheim. Two years experience in military personnel service support operations or associate's degree and one year experience in Army personnel administration. DSN 379-9454, civ. 0620-280-9454, patrick.mcelroy@eur.army.mil.

DARMSTADT

Education

♦ **ACS Classes** – Home Buying Tips, March 10, 10 a.m.-noon; Couples Communication Workshop, March 11 and 18, 2:30-3:30 p.m.; Anger Management, March 12, 9-10:30 a.m. DSN 348-6440, civ. 06151-69-6440.

Community

♦ **CYS Events** – Parent Advisory Council, March 6, 5 p.m.; Parents' Night Out, March 7, 6-10:30 p.m.; SKIES Unlimited piano recital at the CLEOS building, March 14, 6:30 p.m.; Easter egg hunt, March 15, 1:30 p.m. at Bldg. 4446 on Lincoln Village. DSN 348-7605.

♦ **Kontakt Club** – Stammtisch, March 6 and 13, 7 p.m.; Easter market at Ronnenburg Castle, March 9, 1 p.m.; 5 Women Wearing the Same Dress at Roadside Theater, March 15, 6 p.m. DSN 348-1600, civ. 06151-69-1600.

♦ **Community Update** – The next Darmstadt community update will be held at Army Community Service on Cambrai- Fritsch Kaserne March 11 at 9 a.m. Child care reservations: DSN 348-6304, civ. 06151-69-7605.

♦ **Bank Closure** – Due to a server upgrade, the Community Bank on Kelley Barracks will close at 2 p.m. March 12.

♦ **DMSCC Scholarships** – Darmstadt Military, Spouse and Civilian Club is accepting applications for college scholarships for high school seniors for the next academic year. Applications are available at www.darmstadt.army.mil/sites/services/DMSCC.asp and are due by April 1.

♦ **Chapel Volunteers** – Cambrai-Fritsch Kaserne Chapel needs volunteers for religious education and child care for the next year of chapel support activities. Civ. 0160-5860-582, Protestant; 06150-40893, Catholic; 0162-4230-126, child care.

KAISERSLAUTERN

Education

♦ **Army Community Service** – Families in Waiting Workshop, March 7, 5 p.m.; Boot Camp for Dads, March 10, 11 a.m.; Making Your Money Work for You, March 12, 9 a.m.; Kids Connect at Kaiserslautern High School, March 13, 8 a.m.; Sponsorship Training, March 13, 1 p.m. DSN 493-4203, civ. 0631-3406-4203.

Community

♦ **Lenten Season** – The chaplain's office hosts events for the Lenten season through March 14 at the garrison's chapel on Daenner Kaserne. DSN 493-4098, civ. 0631-3406-4072.

♦ **AER Campaign** – The Army Emergency relief fundraising campaign is ongoing through May 15. Civ. 0631-3406-4221.

♦ **Veterans of Foreign Wars** – Post 10614 hosts a meeting at 6:30 p.m. March 11 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516,

wardtrans@yahoo.com, www.ktownvfw.org.

♦ **Eggs-Travaganza and Scavenger Hunt** – Enjoy arts and crafts, face painting, tattoos, obstacle course and toddler area March 22, 11 a.m. – 3 p.m., at Kids Zone and Pulaski Park. Register by March 20. DSN 493-4062, civ. 0631-3406-4093, selinda.trobert@us.army.mil.

♦ **Volunteers Needed** – Army Community Service needs volunteers for the Special Olympics Spring Games May 6 at the German Police Academy in Enkenbach-Alsenborn. DSN 493-4094, katharine.m.sharpe@eur.army.mil.

♦ **Women's History Month** – The Equal Opportunity office hosts a Women's History Month luncheon March 28, 11:30 a.m.-1 p.m., at the Armstrong Community Club on Vogelweh Housing. Tickets can be purchased at Army units' EO offices. DSN 493-4130.

HEIDELBERG

Education

♦ **ACS Classes** – Buying Your First Home, March 7, 10 a.m.-noon; Community Orientation, March 10, 12:30-3:30 p.m.; Sponsorship Training, March 10, 1-2 p.m.; FLAG Cultural Adaptation Class, March 10-11, 9 a.m.-1:30 p.m. and field trip March 15, 8:30 a.m.-2 p.m.; AFTB Level II, March 11, 13 and 20, 6-:30 p.m.; Resumix Workshop, March 11, 9 a.m.-noon; Checkbook Management, March 14, 9-11 a.m.; EFMP Teen Social, March 14, 7-9 p.m. DSN 370-6883, civ. 06221-57-6883.

♦ **Graduate Degrees** – The University of Oklahoma at Heidelberg – Patton Education Center offers graduate degrees in human relations and international relations. Summer 2008 registration began March 3. DSN 373-7919, apheidelberg@ou.edu.

Community

♦ **PHV Gate Construction** – The Patrick Henry Village gate near Burger King (located on Grasweg) is no longer open to vehicle traffic 24 hours a day – the hours are 6 a.m.-10 p.m. for entry only. Pedestrians and bicyclists may enter and exit 24/7 through the Burger King Gate. All vehicle traffic must exit through the Commissary Gate. Only ID card and installation pass holders may use the Burger King Gate. Contractors and anyone requiring manual look-up, access rosters or visitor sign-in must use the Commissary Gate, which is open 24 hours a day. DSN 388-2500, civ. 06221-678-2222.

♦ **Reading Night** – Learn effective techniques to help your child with reading March 6, 4-5:30 p.m. at Patrick Henry Elementary School.

♦ **Polish Pottery Bingo and Silent Auction** – Head to Heidelberg Middle School on PHV March 7 at

6:30 p.m. to support scholarships for the High School Booster Club.

♦ **Auto Glass Repair** – Have chipped glass on your windshield repaired in 20 minutes March 7-8 in front of the Power Zone. Civ. 06221-18-3063.

♦ **Marrow Registration Drive** – Register for the C.W. Bill Young Marrow Donor Program March 15, 10 a.m.-4 p.m., at the PX. A simple cheek swab is all it takes to register. Civ. 01515-821-9743.

♦ **Retirement Ceremony** – March 14, 3 p.m., at the Roadside Theater on Patton Barracks. DSN 373-7083, norma.delores.ewers@eur.army.mil. **ARMY Lodging NAF Property Sale** – Get furniture, rugs, refrigerators, 24"-32" TVs, VCRs and more at cut-rate prices March 15, 10 a.m.-6 p.m., at Tompkins Barracks, Bldg. 4220. Schwetzingen. https://public.euomwr.army.mil/mwr_armylodging.htm.

♦ **Welfare Grant Requests** – The Heidelberg Community and Spouses' Club is accepting requests for grants through March 15. Qualifications and guidelines: www.hcsc-heidelberg.com.welfare@hcsc-heidelberg.com.

♦ **Women's History Month** – Celebrate women getting things done, breaking new ground and making changes during the community luncheon at the Village Pavilion March 11, 11:30 a.m.-1 p.m. Cost: \$9. DSN 379-7772, civ. 06221-17-7955.

♦ **Penny Bazaar** – Collectings days for the German American Women's Club annual bazaar will be March 14-15, 10 a.m.-3 p.m. Selling days are March 27, 1-6 p.m.; March 28, 10 a.m.-6 p.m.; and March 29, 10 a.m.-1 p.m. Buergerhaus, Jaspersstrasse 2, Emmertsgrund.

♦ **Mass in Spanish** – (Palm Sunday Celebration) March 15, 6:30 p.m. at Mark Twain Village Chapel. Choir practice is at 5 p.m. Please join us for a catered reception after Mass. Civ. 06221-751859, evening; day 0177-6748-775.

♦ **The Real World Workshop** – "The REAL World ... what are you doing?" will feature "Teens Managing their Finances" at its March 21 workshop at 2 p.m. at Heidelberg Middle School. Parents and students in grades 7-12 are invited for this free family event. Workshop listing: www.heid-dso.eu.dodea.edu/RealWorld. Civ. 06221-67-7326, RealWorld@eu.dodea.edu.

♦ **Voting Assistance** – Contact voting assistance officer Jimmie Burney, Bldg. 101, second floor. DSN 373-6334/8619.

♦ **Lions Den Activities** – Art, Mondays, 6-7 p.m.; Smart Girls, Tuesdays, 5-6 p.m.; Cooking Club, Tuesdays, 6-7:30 p.m.; Keystone Leadership Club, Wednesdays, 6-7 p.m.; Intermural Sports, Thursdays, 5-6 p.m.; Men with Honor, Fridays,

6-7 p.m.; League Games, Fridays, 6-8 p.m. Programs are open to teens in grades 9-12 and registration is free.

♦ **Alcoholics Anonymous** – Lunchtime group meets Tuesdays, noon, on the third floor conference room in Bldg. 3752, Roemerstrasse 104. DSN 370-1710, AA Helpline 01803-224357.

MANNHEIM

Education

♦ **ACS Classes** – Anger Management, March 7, 9-10 a.m.; Toddler Parenting Class, March 11, 9-10 a.m.; Smooth Move, March 11, 1:30-2:30 p.m.; School Age Parenting, March 12, 9-10 a.m.; Orientation Tour, March 10-12, 9 a.m.-2:30 p.m. DSN 385-3101, civ. 0621-730-3101.

♦ **Central Texas College** – EMT-B refresher course March 8-9 and 15-16 at Coleman Barracks. This is a 32 contact hour course and students receive two college credits. emt@europe.ctcd.edu.

♦ **Automotive Service Excellence Exam** – Registration deadline for the examination, given at the Sullivan Education Center testing office, is March 7. The test takes place May 13, 14 and 15. DSN 385-2933.

Community

♦ **CYS programs** – Torch Club, March 7; SMART Girls, March 10. All groups meet 4-5 p.m. at the Tennis Courts located on BFV, Bldg. 725. DSN 385-2923, civ. 0621-730-9633.

♦ **VFW Evening Socials** – Post 9534 invites all Soldiers to Friday evening socials at 6 p.m. in the Veterans Center, Bldg. 204, Sullivan Barracks. DSN 380-5457.

♦ **Community Assistance** – Mannheim Community Club is accepting applications for its Spring Community Assistance. Applications: Thrift Shop or mcccommunityassist@googlemail.com. Deadline: March 15.

♦ **Developmental Screenings** – EDIS is sponsoring its annual, free Mannheim Milestones and More Developmental Screenings for children birth to 5 years of age March 26, 9 a.m.-1 p.m., at Bldg. 214 on Sullivan Barracks. Children's motor, communication, cognitive, social-emotional, and adaptive skills will be assessed, as well as hearing and dental screenings. Appointments: DSN 385-3133, civ. 0621-730-3133. Walk-ins are also accepted as time permits.

♦ **Auto Glass Repair** – Have chipped glass on your windshield repaired in 20 minutes March 27-28 in front of the main PX on Ben Franklin Village. Civ. 06221-18-3063.

♦ **MCC Scholarships** – The Mannheim Community Club is offering merit-based scholarships. Applications: Mannheim High School counselor's office, the Education Center, the Thrift Shop and Army Community Service. Deadline: April 15.

Mannheim prepares for international youth tourney

Mannheim MWR

The 24th Albert Schweitzer International Youth Basketball Tournament will take place in Mannheim March 22-29.

For the past 50 years, the Mannheim U.S. military community has co-hosted the tournament in conjunction with the German Basketball Federation and the city of Mannheim. This one-week biennial event is the largest privately organized youth tournament in the world.

AST 2008 will have junior national teams representing Argentina, Australia, Canada, Croatia, France, Germany, Greece, Israel, Italy, New Zealand, Russia, South Africa, Spain, Sweden and Turkey.

There will also be one All-Star U.S. team, consisting of students from various stateside and Department of Defense Dependent Schools-Europe high schools.

AST is very popular with the U.S. military and international communities. Sports fans have the opportunity to watch hopeful NBA stars; past AST players include Ervin "Magic" Johnson, Baron Davis, Tim Duncan, Vince Carter, Jermaine O'Neal, Bonzi Wells, Glen Rice and Dirk Nowitzki.

Games are held on- and off-post. All U.S. games and the championship game will be held at Ben Franklin Village Sports Arena. Other games will take place off post at MWS Halle am Herzogenried on August-Kuhn-Strasse in Mannheim Neckarstadt.

Albert Schweitzer Tournament 2008

Free U.S. Exhibition Game including Meet & Greet the U.S. Team

USA- Germany

Date & Time: March 20 at 7:30 p.m.

Location: Sports Arena - Benjamin Franklin Village, Bldg. 736

AST Opening Ceremony

Date & Time: March 22 at 7 p.m.

Location: Sports Arena - Benjamin Franklin Village, Bldg. 736

Tickets

Tickets are now on sale at the Mannheim & Heidelberg USOs for US ID cardholders only. For the game schedule and ticket price, go to www.mwrgermany.com and click on the Mannheim community section. DSN 385-3164, civ. 0621-730-2001



Heidelberg Sea Lion Anne Kelso takes the lead on her way to a gold medal in the 100-meter breaststroke. Kelso and the Sea Lions competed in the European Forces Swim League Championships Feb. 16-17 in Berlin.

Scott Higdon

Sea Lions take 47 medals at swim championships

By Darryl Holt

SEA LIONS PARENT

The Heidelberg Sea Lions swim team ended a successful season with a strong showing at the European Forces Swim League Championships in Berlin Feb. 16-17.

The reigning two-time Rhineland Divisional champions finished with 47 gold, silver and bronze medals, second only to the Kaiserslautern Kingfish's 71.

C.J. Higdon won the overall high point winner for the boy's 11-year-old division, scoring 105 out of a possible 120 points.

Head Coach John Costello attrib-

uted Sea Lion success to the "team-first" mentality of the swimmers.

"The Sea Lions embody a solid, unified and strong team," he said. "It is comprised of a large number of strong and competitive swimmers working for team success by team spirit and individual improvement."

"Every success we have had this season ... is a direct result of this philosophy and reality."

While the team may not have had a lot of stand out swimmers, Costello said it had a lot of depth both for the boys and girls at all age groups.

"I couldn't be more proud of how they swam as a team all season

long," he said.

Other medalists on the team include: Kate Jeszensky (2 medals), Colby Mortensen (1), Ethan Christiansen (1), Michael Simmons (2), Rachel Rausch (1), Alex Aldous (4), Kris Eggert (6), Ellena Christiansen (4), Ethan Parkhill (5), Chase Simmons (5), Trevor Canipe (1), DJ Laureta (2), Ashley Holt (5), Zach Eggert (6), Genevieve Fontaine (1), Sam Christiansen (5), Brendan Costello (6), Nate Eggert (6), Andrew Simmons (3), Reid Aldous (1), Nathan Holan (6), Tomas Holt (1), Donna Avallone (1), Anne Kelso (5), Caroline Kelso (2) and Meg Louk (6).



Roughin' it up

The Ramstein Rogues rugby team takes on the Baumholder Highlanders Army rugby team with a season opening 'friendly' match Saturday. With temperatures near freezing, the 22-man strong squad from Ramstein scored first in the match but in the end fell to Baumholder 5-7. The Ramstein team travels this weekend to Trier to participate in the Rhenland-Pfalz Spring season opening tournament. Details about the team: ramsteinrogues@hotmail.com.

staying ACTIVE

Biggest Loser, Week 2

Congratulations to Matthew Brennan and Dion Jordan for losing eight pounds in the second week of Mannheim's Biggest Loser competition. Keep up the good work!



JORDAN

Ladies Racquetball Nite

Tuesdays, 5-7 p.m., at Campbell Fitness Center in Heidelberg are reserved for the ladies. Enjoy exercise, camaraderie and fun competition. Novice players welcome; coaching/instruction available. DSN 370-6350.

Women's Golf Association

The Heidelberg Women's Golf Association is hosting its Tee-Off Social March 6 at 6 p.m. in the restaurant of the Heidelberg Golf Club. Civ. 0173-311-6051.

Tennis Legends

See Boris Becker, John McEnroe, Thomas Muster, Henri Leconte and Ralf Gustke at SAP Arena in Mannheim March 7 starting at 6:30 p.m. For tickets, call the Rhein-Neckar USO at DSN 385-2082, civ. 0621-730-3468.

Civilian Fitness Program

Join the Army-approved program in which civilians are encouraged to engage in regular program of exercise and other positive health habits.

When can I start? The next assessment period will be in March; participants are enrolled April 1 - Sept. 30. Final assessments in September are mandatory.

Heidelberg:

March 11, 10 a.m.-2:30 p.m., Campbell Gym

March 20, 12:30-4 p.m., Wellness Center

Mannheim:

March 12, 10 a.m.-2 p.m., Sullivan Gym

Kaiserslautern:

March 12, 8 a.m.-1 p.m., Kleber Gym

March 13, 9 a.m.-3 p.m., Landstuhl Fitness Center

****For an enrollment form and assessment appointment, DSN 373-5139, wellness@usag.heidelberg.army.mil.**

Shamrock Shuffle

Bring the whole family out for a 5K run or walk starting at the PHV commissary parking lot March 15 at 9 a.m. Registration is free, 8-8:45 a.m. DSN 373-6460.